



FAMILY ECO-THON CHECK-LIST

Here are some energy-saving “chores” you can do at home to help the environment—and your family! For each job you do, check it off on the list and bring in that amount of money **BY MARCH 23 to contribute to the 5th Grade “Polar Project.” All donations will benefit the Alaska Wilderness League to help endangered polar bears.**

Contribute 10 cents to the polar bears for each of the following changes that you make at home:

- Turn off lights when you leave the room or when not in use
- Air-dry your hair instead of using a blow dryer
- Unplug appliances, such as toasters or chargers, when not in use
- Shut off water while brushing teeth
- Take shorter showers
- Drink tap water instead of bottled water
- Drink one less bottled or canned drink per week
- Remind your family to use reusable shopping bags at the grocery store
- Reuse paper when possible for school and art projects
- Use cloth napkins instead of paper napkins

Contribute 25 cents for each of the following changes—these are a bit more challenging!

- Help your family replace standard light bulbs with energy efficient (CFL) bulbs
- Watch 1 hour less TV or spend 1 hour less on the computer each week
- Walk to school 3 or more days/week
- Help your family collect and sort items for recycling: bottles, cans, newspapers, packaging, and other paper products

CONGRATULATIONS! You’ve helped to save energy and help endangered polar bears! Please place all donations, along with this form, in the Eco-Thon box in the Lincoln School lobby, or give to your child’s teacher **BY MARCH 23**.

Student name: _____

Donation amount: _____

THANK YOU!